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Cooking Corner

Tips To Help You

FOR DIETERS AND DIABETICS — SUGAR-FREE, HOMEMADE JAMS

Rocketing food prices and developing public awareness of the widespread use of questionable ingredients in commercially processed foods have combined to turn many U.S. families to home canning, with particular emphasis on fruit jams and jellies. A larger percentage of the populace, however, has been barred until recently from enjoyment of wholesome, homemade fruit spreads by the restrictions of either diabetes, or weight-reducing diets; groups which can not tolerate the heavy sugar content normally required in preparation.

The need has been obvious, but the answer — a product which would enable those on sugar restricted diets to again enjoy truly delicious homemade jams and jellies — was not an overnight development. Slim Set development took time. Now available in most food markets, it has been tested in tens of thousands of home kitchens over a three year period since its initial introduction, and has demonstrated beyond doubt that it will make excellent quality jams and jellies. It can be used with fresh fruit and/or bottled or canned fruits and juices.

Slim Set, a truly unique, new jelling mix, now makes it possible for nearly anyone to enjoy delicious homemade jellies and jams without fear of excess sugar intake. It permits the use of honey, artificial sweeteners or reduced amounts of refined sugar in place of the standard 55% sugar by weight required in conventional preparation. Of equal importance to dieters and non-dieters alike is the fact that more of the real fruit flavor is retained by the use of Slim Set, since the flavor-producing fruit juice is not boiled away, as is the case with conventional recipes.

	Calories per 100 grams serving	Calories per 1 tsp.
REGULAR GRAPE JELLY made with granulated sugar (USDA Home & Garden Bulletin #72)	278	17
SLIM SET GRAPE JELLY made with artificial sweetener	74	4
-made with honey	125	7
-made with reduced amounts of granulated sugar	135	8

The importance of Slim Set's contribution to the American dieter cannot be overstated. Current official estimates indicate approximately 50% of our total population to be on weight-reducing diets. In addition, there are currently more than ten million known diabetics in the U.S., with at least that many more suspected as latent or undiagnosed. Comparison of Slim Set Grape Jelly with published official figures tell its own happy tale:

Quite obviously, Slim Set jelly easily qualifies within official FDA definition as a "low calorie" food product. *Fail-Proof Recipes*

To experienced home canners, it will become immediately apparent in the recipes below that the use of Slim Set in lieu of pectins actually simplifies preparation by eliminating the long and tedious boiling otherwise required to get a jell. Alternate sample recipes are given for preparation of Concord Grape Jelly (the most popular jelly flavor) with honey, with low-calorie artificial sweeteners, and with a reduced amount of granulated sugar.

Free recipes

Slim Set recipes for making full-flavored jams and jellies with nearly every variety of fruits and/or fruit juices are available to you at no cost. Simply write to: SLIM SET, MCP FOODS, INC., P.O. Box 3633, 424 South Atchison Street, Anaheim, Calif. 92803.

SLIM SET GRAPE JELLY
(Using Sugar, Honey or Sugar Substitute)

INGREDIENTS:
SUGAR
4 cups grape juice
1 cup sugar
1 pkg. Slim Set
Yields 4 1/2 cups

HONEY
4 cups grape juice
3/4 cup mild honey
1 pkg. Slim Set
Yields 4 1/2 cups

SUGAR SUBSTITUTE
4 cups grape juice
2 tbsp. sucaryl
1 pkg. Slim Set
Yields 4 cups

METHOD:

1. Add sweetener (whether sugar, honey or sugar substitute) to juice in 3-4 quart pan.
2. Add one (1) package of Slim Set and stir vigorously to disperse. (Use potato masher or wire whip for easy stirring).
3. Place pan over high heat, bring to boil and boil rapidly for one minute, stirring constantly.
4. Remove from heat. Skim foam. Immediately pour into glasses. Seal according to package directions.

Health-Wise

SMOKING AND HEALTH— 1979 SURGEON GENERAL'S REPORT—1

By Allan R. Magie, Ph. D., M.P.H.

Even before it was released, the 1979 Surgeon General's report on smoking and health made headlines. Its release on the 15th anniversary of the 1964 surgeon general's report was called a publicity stunt by the tobacco industry. The earlier reports had linked smoking to lung cancer and a host of other diseases.

But the tobacco lobby made a clown of itself. Claiming that the report "will be more rehash than research," the industry was unprepared for the strong indictment which confirmed and strengthened the conclusion of the earlier report revealed new informa-

The amount of research on smoking and health is staggering. More than 30,000 articles have appeared throughout the world. Since the 1964 report had reviewed only 6,000 studies, the 1979 report, which includes these 30,000 articles, is by far the most comprehensive review that's ever been written on smoking and health.

First let's look at some of the fundamental changes that occur when a person smokes cigarettes. Carbon monoxide (a gas), nicotine (the addictive agent), and tar (a particle) are the compounds which most likely contribute to the health hazards of smoking. In addition, many other compounds are suspected of being hazardous.

It is generally accepted that nicotine is primarily responsible for the smoker's physiologic responses. It causes the release of several body hormones which cause the heart to beat faster and more irregularly, the blood pressure to increase, and more oxygen to be consumed by the tissues. Nicotine also causes constriction of the tiny air passages in the lung (broncho-constriction) and stops the movement of the tiny hair-like projections (cilia) in these passages which keep it clear of debris. The blood sugar level increases, too.

Some chemicals are broken down more rapidly by the liver when a person smokes. These include agents used in treating disease, such as phenacetin, caffeine, antipyrine, and pentazocine. Vitamin C, an important disease-resisting nutrient, is also affected.

Tobacco smoking affects the values of some clinical laboratory tests in humans. Changes include increases in the number of white blood cells, the total red-cell count, the levels of hemoglobin (the oxygen-carrying chemical), and the volume of blood cells (hematocrit). On the other hand, cigarette smoking lowers the blood levels of albumin, creatinine, globulin (in female, and uric acid (males). Such changes are usually temporary, however, returning to normal after smoking stops.

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OAKVILLE

Mr. and Mrs. Buddy Wilcox were host and hostess of a family get-to-gether of the family of Mr. and Mrs. James Martin. They were assisted by their children, Sherry and Jeffrey. Each family carried a covered dish. Those attending were Mr. and Mrs. J. C. Martin, Mr. and Mrs. Harold Martin, Lewis and Hunter, Mr. and Mrs. Robert Martin, Bobby and Robin, Mr. and Mrs. Donnie Moore, Kevin, Audrey, Dana, and Nicole.

Mrs. Alonza Martin spent a few days last week with Mrs. Marshall Martin.

Sunday guests of Mrs. Marshall Martin were Mr. and Mrs. Alonza Martin, Mr. and Mrs. Ray Page.

Those visiting in the apartment of Mr. Warren Martin Sunday were Mrs. Mason Banton, Mr. and Mrs. J. C. Martin, Mr. and Mrs. Hubbard Moore.

Mt. Comfort Adult S.S. Class was invited to a reception celebrating Mrs. Earle Harding and Mr. Garland Harding's birthday Sunday.

Correction of last week's news: on the trip to Hawaii.

Instead of Mrs. Fleming Martin it was Mrs. Fleming Drinkard

The Bible and Daily Living

By Dr. William L. Trimyer

Elisha — Man of God!

Lesson for July 22, 1979
Background Scripture: II Kings 6:8-23

Focal Passages: II Kings 6:8-10, 15-22

. . . And Elisha prayed, and said, Lord, I pray that you will open his eyes, so that he can see. And the Lord opened the young man's eyes; behold, the mountain was full of horses and chariots round about Elisha.

A New Prophet Annointed

The annointing of Elisha to fill Elijah's prophetic role is a moving story. Elijah's time was winding down and it was a ripe time for him to name his successor. God directed Elijah to a man plowing in the fields. Such a picture suggests that God goes to the ordinary rather than the extraordinary to call his workers. Elisha was a young and prosperous farmer who probably had no idea that he would soon leave the farm to become the Lord's spokesman.

Elijah dramatized the annointment of Elisha as his successor by placing upon his shoulders his own cloak. It was to serve as a reminder of who was to be; he was the Lord's man. Elisha later had the privilege of watching as Elijah mysteriously ascended into heaven. It was a moving moment for Elisha, for as he stood gazing on Elijah's ascension he asked the Lord for a double "shot" of Elijah's spirit.

Elisha managed to carve out his own identity as a prophet of the Lord. Too often we think we must become a carbon copy of someone else if we are to succeed in our respective vocations. But God certainly wants us to use our own uniqueness as persons in all that we do. We should each one do his or her best without feeling the need to copy another personality.

Elisha Goes to Work!

The scripture references for this week's lesson reveal that Syria continued to aggravate Israel with raids and border squirmishes. Like a cancer, Syria daily ate away at the Israelite forces with raids and ambushes. Elisha became a helpful resource to the King of Israel. He kept his ears to the ground and informed the King whenever he learned about a Syrian ambush. Of course, Benhahad, King of Syria, became angered by his thwarted attempts to chop away at the Israelite soldiers. He soon learned that Elisha was the informer and sent a group of his soldiers to capture him.

Elisha was bedded down in the town of Dothan. During the night the Syrian forces had made their way into the city and closed off all escape routes. Early in the morning Elisha's servant discovered they were surrounded by Syrian soldiers, who had come to capture Elisha. His response of fear was a natural one. "What will we do now, Elisha?" At least he didn't say to Elisha, "What will you do now?"

Elisha went immediately to the source of his calling as a prophet. His faith and confidence in the Lord assured him that he and his servant would be delivered from the Syrian trap. Elisha's servant soon discovered that those who must travel through the "valley of the shadow" do not travel alone. The power of God is no match for the forces of evil, no matter how large or fierce they may appear to be.

Elisha-Compassionate Prophet

The spirit of Elisha is a refreshing breath of air in the biblical story. Whereas Elijah sometimes turned to violence as a means to settle disputes, Elisha reveals a compassion for the enemies of the Lord. He lead them to the city of Samaria under false pretenses, whereupon they were captured by the King of Israel. The king's first impulse is to kill the Syrian forces, but Elisha instructs him to feed them rather than kill them.

What are our moral obligations in time of war? Are there better ways to treat our enemies and social misfits rather than to kill them? Elisha turned around the ancient and traditional custom of killing prisoners of war. In fact, the Syrian soldiers had not been captured by the King of Israel, but lead there by Elisha.

Elisha lived the example of mercy. One wonders what the Syrian soldiers must have felt as they returned home with bread in their stomachs rather than a sword! Sometimes we may misjudge people; rather than do us harm they may become our friend.

Dr. Trimyer is pastor of Elon Baptist Church in Pamplin, Va.

"If you are desirous to prevent the overrunning of a state by any sect, show it toleration."
Voltaire

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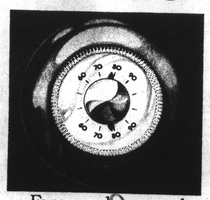

For every degree cooler than 78°, your air conditioner uses about 5% more electricity. And in the summer, when the most electricity is used, that can make a big difference.

So please, set your home air conditioner at 78° or higher, or no more than 15° cooler than the temperature outside (whichever is the higher setting.)

You can also take these two important energy management steps. First, restrict your weekday use of major appliances during the "peak load" hours of 10 A.M. to 10 P.M. Second, don't overwork your water heater. Use the dishwasher and washing machine only for full loads, and wash clothes in cool water instead of hot.

By following these tips, you'll be keeping your electric bills down, and helping us all make it through the summer without power shortages.

Vepco

APPOMATTOX YOUTH - FOOTBALL SIGN-UP

JULY 28 and AUGUST 4 at Appomattox Primary School 10 a.m. to 12 noon

Ages 7 to 13 years as of August 1st.

Please fill out the form below and bring in with you. If you have not played in the football league before, bring a copy of your birth record. A registration fee of five dollars ($5.00) must be paid when registered.

Name _____ Age (as of Aug. 1 _____

Hght. _____ Approx. Weight _____

Address _____ PH: _____

Date of Birth _____

Signature of Parents or Guardian _____

Date _____

I hereby give permission for the above named boy or girl to play (basketball, football or baseball) in the Appomattox Youth Association.

RELEASE

For, and in consideration of my child being allowed to participate in the Appomattox Youth Association Program, I hereby release all coaches, officials, and the Appomattox Youth Association from any and all injuries which my child may sustain or receive while practicing in the above mentioned program, either during practice or actual games or going to and from said practice or games.

_____ (Seal)
Parent

_____ (Seal)
Guardian

Lawson Ford Qualifies For State Softball Tournament

The Lawson Ford softball team qualified for the state tournament last week end by defeating the Covington Class "C" Invitational Softball Tournament. The state tournament is being held at Williamsburg August 10-12. To qualify for the state, a team must finish in one of the top three places at a sanctioned United States Slo-pitch Softball Association tournament.

At Covington, Lawson Ford had a long road to travel after losing the first game to Buena Vista Century 21 9-8 in 8 innings after holding an 8-1 lead with two outs in the bottom of the sixth and nobody on base. Then Lawson Ford defeated the following teams: Clifton Forge, Youngs 12-0, Stuarts Draft Athletic Club 11-1, Lexington Aides 6-4, Covington's White Auto 16-10, Buena Vista Athletics 9-3, Lynchburg's Ground Round 12-1, and after already being assured of qualifying, got revenge on Buena Vista Century 21, 13-12 in what most observers thought was the best game of the tournament. Lawson Ford finally went down to defeat in their sixth game that they played on Sunday to Armstrong Electrics Double Trouble in the championship game of the tournament by a 9-6 score.

Players who participated for Lawson Ford at Covington are Don Guill, Charlie Beard, Bobby Layne, Randy Clay, Ray Lamb, Joel Pillow, Earl Martin, Jerry Ray, Bill Brown, Ray Tweedy, Roger Morris, Buddy Wilcox and manager Robert Martin. These players had a combined batting average of .500 getting 152 hits in 304 at bats while averaging 10.3 runs per game and giving up only 5.4 runs per game.

The Lawson Ford softball team is sponsoring a tournament this week end at Appomattox. Any teams wishing to enter may contact Bobby Layne at 352-7537, Buddy Wilcox at 352-5561 or Earl Martin at 352-5387. The team members really appreciate the support of both the fans and our sponsor.

Jordan News

Annual Homecoming Day will be held Sunday at the Jordan Baptist Church. Morning service will begin at 11:00 a.m. with pastor, Rev. C. L. Elliott in charge. Rev. J. W. Page and the Mt. Shiloh Baptist Church will be the afternoon guest for the services that will begin at 3:00 p.m. starting Monday night. Rev. E. McKinley Taylor will be the guest evangelist for our revival. Prayer service will begin at 7:30 p.m. with preaching beginning at 8:00 p.m. each night.

Church Softball Tourney Gets Underway

The Church Softball Tournament will begin at 7 p.m. Friday night at the Pamplin Community Center.

The public is encouraged to come out and support their favorite teams.

Tennis Tournament To Be Held at FRCC

A Mixed Doubles Tennis Tournament will be held at the Falling River Country Club on Sunday, July 22, 1979.

A signup sheet has been posted on the bulletin board at the club house. Please sign up before 9 p.m. on Thursday, July 19, 1979.

For further information, call 352-8654 or 352-5420.

SPORTS

At a "get-together" of the Angels Little League team on Saturday, trophies were awarded to some players and coaches. On the front row, left to right, Chip Garrett was named "Most Improved Player"; Benny Beasley, Jr. was named "Best Defensive Player"; Mike Bohannon, "Most Valuable Player" and Best Sportsmanship" David Jones was awarded Most Valuable Player" and "Most Stolen Bases"; and on back row, left to right, Mrs. Evan Thompson, Scorekeeper; Evan Thompson, Coach; Jimmy Franklin, Coach; and Mrs. Lois Jones, Team Mother.

Little League "Angels" To-Gether

The "Angels" team of the Little League had their annual get-together Saturday, July 14, at the W.O.W. park.

Coaches Evan Thompson and Jimmy Franklin presented trophies to boys as follows: Most Improved Player, Chip Garrett; Best Defensive Player, Benny Beasley, Jr.; Most Valuable Players, Mike Bohannon and David Jones; Most Stolen Bases for year, David Jones; and Best Sportsmanship, Mike Bohannon.

Out of 15 boys on the team, 14 boys were present with their families - a great turnout.

A gift was presented to the Team Mother, Mrs. Lois Jones, for her work with the team this year. Mrs. Jones presented each of the coaches with a trophy for their work with the team. After trophies were presented, there were refreshments, a good game of ball played by coaches, team players and families. Following the game, watermelon was cut and served everyone. Pictures of the team were given to all the boys.

The coaches would like to thank everyone, boys and families, for their support this year. They enjoyed working with the boys and the games and say they look foward to next year. They also expressed thanks to the Times-Virginian for the loan of a camera and to Mr. Jones for taking pictures.

A dedication service will be held at Jordan Baptist Church before the morning service Sunday at 11 a.m.

FALLING RIVER COUNTRY CLUB COUPLES GOLF TOURNAMENT WINNERS ANNOUNCED

The Couples 18 Hole Captain's Choice Golf Tournament held on Sunday, July 15th proved to be great fun for all of the participants.

A total of 30 couples participated in the tournament and the winners were as follows:

Championship Flight: 1st place: Dick and Peggy Guill and Pete and Katurah McCormick; 2nd place: G. H. and Joyce Jamerson and Jimmy and Carolyn Mayberry.

First Flight: 1st place: Teddy and Patsy Moore and Ronnie and Jackie Robinson; 2nd place: Ronnie and Frances Lewis and Peggy Clark and Doug Marshall.

Trophies were also awarded for the following: Men's Longest Drive: Ronnie Robinson; Ladies longest drive: Joyce Jamerson. Men's closest to pin-hole # 3: Dick Guill; Ladie's closest to pin-hole # 3: Joyce Jamerson.

The next Couples Tournament will be a Twilight Tournament to be held on Tuesday, August 7 with Tee-Off Time at 5:45. A Sign-Up Sheet will be posted on week prior to the tournament date.

APPOMATTOX COUNTY DIXIE YOUTH ALL-STARS are shown in above photo. On the front row, left to right: Tony Mann, Tom Cobb, Ron Seay, Mike Roach, and J. T. Carter. Second row, left to right: Mike Ferguson, Timmy Austin, Russell Walton, Daren Tolley, and Lonny Hamlet; on the third row, left to right: Jimmy Bollinger, Coach Randy Phelps, Paul Humbles, Monte Ferguson, and Paul Johnson; and on the back row: Nelson Mann, Coach and Bully Ferguson, Coach.

Terry McCoy and Ricky Turner were not available for picture.

JOHN ROACH OF APPOMATTOX will be at Eastaide Drugway this weekend for a big night show on the quarter-mile strip. Roach runs the Snoopy Camero at Eastside.

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